

Important Health Information for Postsecondary Students in Ontario

The Ministry of Health and Long-Term Care is recommending mumps immunization for all postsecondary students in Ontario

Mumps disease is increasing across Canada and outbreaks are happening among students attending postsecondary institutions. To prevent outbreaks of mumps in Ontario, all students are strongly encouraged to get immunized. Most postsecondary students in Canada have received only a single dose of mumps vaccine as children which may not provide enough protection; students should complete two doses for optimal protection against mumps infection.

What is mumps and how is it spread?

Mumps is a viral infection that causes fever, headache, and painful swelling of the salivary glands. Mumps is usually a mild disease but sometimes serious complications occur such as swelling of the brain or its protective surface (encephalitis or meningitis), temporary or permanent deafness, and swelling of the testes or ovaries which can rarely result in infertility.

Mumps is spread by close or direct contact with oral and respiratory secretions of people with mumps (coughing and sneezing, kissing, sharing drinks and utensils, etc.)

Where can you get immunized?

You can receive your mumps immunization at your health care provider's office or at some postsecondary institutions.

How can you get more information on mumps?

Contact your health care provider or local public health unit for more information. A list of local public health units is available at:

http://www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html